

THE NAVAJO NATION



JONATHAN NEZ | PRESIDENT MYRON LIZER | VICE PRESIDENT

January 31, 2022

Navajo Department of Health Health Advisory Notice (HAN) COVID-19 Community Advisory No. 63 —Safety Precautions

WINDOW ROCK, AZ – The Navajo Health Command Operations Center is issuing uncontrolled spread of COVID-19 advisory for the following communities. The cases reflect dates January 14-27, 2022. The advisory will be in effect until the risk and cases decline.

The following communities are identified as having uncontrolled spread of COVID-19:

Aneth	Dilkon	Lupton	Pueblo Pintado	Tachee/Blue Gap
Baca/Prewitt	Forest Lake	Manuelito	Ramah	Teecnospos
Beclabito	Ganado	Many Farms	Red Mesa	Teesto
Bird Springs	Hard Rock	Mariano Lake	Red Valley	Thoreau
Black Mesa	Hogback	Mexican Water	Rock Point	Tohajiilee
Bread Springs	Houck	Nageezi	Rock Springs	Tohatchi
Cameron	Indian Wells	Nahodishgish	Rough Rock	Tonalea
Casamero Lake	Inscription House	Naschitti	Round Rock	Tsaile/Wheatfields
Chichiltah	Iyanbito	Navajo Mountain	Sanostee	Tsayatoh
Chilchinbeto	Jeddito	Nazlini	Sheepsprings	Tselani/Cottonwood
Chinle	Kaibeto	Nenahnezad	Shiprock	Tuba City
Churchrock	Kayenta	Newcomb	Shonto	Twin Lakes
Counselor	Klagetoh	Oaksprings	Smith Lake	Two Grey Hills
Cove	Leupp	Ojo Encino	St. Michaels	Upper Fruitland
Coyote Canyon	Littlewater	Oljato	Standing Rock	Whippoorwill
Crownpoint	Low Mountain	Pinedale	Steamboat	White Cone
Dennehotso	Lukachukai	Pinon	Sweetwater	White Horse Lake

****Schools serving these communities need to implement layers of mitigation to meet the high level of COVID-19 community transmission.***

All residents should take precautions to protect their health from the spread of COVID-19. Individuals with the following conditions are at higher risk of being affected from COVID-19.

People at Increased Risk for Severe Illness	Might be at Increased Risk for Severe Illness
<ul style="list-style-type: none">• Older Adults• Cancer• Chronic kidney disease• Chronic obstructive pulmonary disease• Heart conditions• Immunocompromised state• Obesity and severe obesity• Pregnancy	<ul style="list-style-type: none">• Asthma• Cerebrovascular disease• Cystic fibrosis• Hypertension or high blood pressure• Immunocompromised state• Neurologic conditions, such as dementia• Liver disease• Overweight

<ul style="list-style-type: none"> • Sickle cell disease • Smoking • Type 2 diabetes mellitus 	<ul style="list-style-type: none"> • Pulmonary fibrosis • Thalassemia • Type 1 diabetes mellitus
--	---

All residents should practice health and safety measures:

- Get vaccinated.
- Wear a mask in the public.
- Avoid close contact with people who are sick.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Clean and disinfect frequently touched surfaces daily.
- Avoid touching your face, nose, and eyes with unwashed hands.
- Clean and disinfect your vehicle, home, workspace and other common areas on a regular basis.
- Social distance - keep 6 feet between yourself and others.
- Limit gatherings with individuals outside your immediate household.

For more information, including helpful prevention tips, and resources to help stop the spread of COVID-19, visit the Navajo Department of Health's COVID-19 website: <http://www.ndoh.navajonnsn.gov/COVID-19> . For COVID-19 related questions and information, call (928) 871-7014.